

PRAELUDERE

(ballades from the 20th century)

four verbal scores that can be activated sitting standing or walking
inside or outside with or without instrument, alone or with others

Every footprint is a song...
the song of life...
painted on the sand...
painted in air...
(Nanao Sakaki 1976)

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1/ Practice in the same location, with or without an audience, once or twice a day, or for a few days.

2/ you have the choice to blend in and become part of the landscape or to roam around. It is ok to change one's mind en route, as long as one is always clear of doing one or the other. If in doubt stop and wait for clarity.

3/ The first three ballades will lead naturally (body and mind) to the last one. *Breath* will sharpen the senses, *Inspiration* free the mind and deepen concentration, *Road* lead to somewhere unexpected and 100 steps.

4/Breathe softly or loudly *Breath*, whisper or play quietly *Inspiration*, hum speaking or play *Road* and 100 steps as you wish.

5/Pace and repetition is according to mood, taste or consensus.

I recommend you use a maximum stride of 10 steps per minute (depending on your torso-to-leg proportions and your stride length - distance from the heel of one foot to the heel of the other foot when you are taking a step). This will make the average duration of a PRAELUDERE ballade there or elsewhere between 25 and 40 mins.

6/ You may want to transcribe it all on paper, mapping where you are, what you see, hear, and feel.

This live scoring of your ballade could be activated or performed, at a later time or date, there or elsewhere, with or without an audience.

7/ Sometimes I use a field recording of a previous ballade or of the location.

En Français une ballade is a walk and a song.

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